

FREE ENTRY!

ALL DAY WORKSHOPS: \$45 ADVANCE • \$60 @ EVENT



Florida Flow Fest

October 22 • Central Park in Largo, FL
 circus • dance • yoga • fun • family • flow

	POI	YOGA	STAFF	OTHER	DANCE	JUGGLING	HOOP
	FREE Space	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Zone 6
10 AM	FREE! Kids Hoop Class with Abby Albaum	NEW! RIFLE FLOW presented by Forward Flow	Poi Fundamentals You Probably Skipped with Tyfoods	Dragon Staff - Harnessing Your Chi with Casey Morris	Essential Stretches for Dancers with Johanna Zenobia	AcroYoga Flow with Acroyoda	Intermediate Leviwand with Empyra
11:30 AM	FREE! Intro to Partner Dance with Nyx Moon	Juggle Journey Moving from 3 to 4 with JT	Fractal Flowers with Brad Powell	Contact Staff - Steves with April Jennifer Choi	Dance Techniques for Flow Artists with Sami	Foot Hooping & Inversions with Dragon Hooper	Multi Hooping with Heather Blount-Elliott
1 PM	FREE! Belly Dance: Inside Out with Johanna Zenobia	Intermediate 3 Ball Juggling with Jared the Juggler	Introduction to PropDance Fusion with Tyfoods	Contact Staff Angel Roll Variations with KC	Bugeng Finger Spins & Folds with Kimberly	SlackYoga with Acroyoda	Wall Plane Wonder with Techswan
2:30 PM	FREE! Kidding Around Yoga with Abby Albaum	Business Flow 101 with April Jennifer Choi	Partner Poi Basics with JT	Here, Fishy, Fishy! Fishtails with Casey Morris	Intro to Fire Fans with Sami	Open Slackline Sessions	Advanced Single Hoop Choreo with Lilhoopgirl & Maria Move
4 PM	FREE! Memphis Jook Slidin' & Glidin' with Tyfoods	Contact Ball with Jared the Juggler	Atomic Flowers & Plane Breaking with Pyro Powell	Contact Staff Groundwork with KC Allen	2 Bugeng 1 Hand with Kimberly	Rope Dart Basics with Acroyoda	Pushing Limits of Fire Hoops with Heather Blount-Elliott
5:30 PM	FREE! Hooping for Beginners with Leah Michelle	FREE! Pass Juggling Clubs with Kimberly & Jared	FREE! Beginner Poi Workshop with Anna Vincenza	FREE! Warm Up with Dragon Staff with Fire Daddy Flow	FREE! Intro to Leviwand with Empyra	FREE! Learn to Juggle & Balance with JT	FREE! Playing Card Manipulation with April Jennifer Choi

6:30 FREE! Instructor Showcase Performance & GLOW JAM

